

Woman's Page

How to Fight the High Cost of Living

Modern Housewife Must Have Definite Knowledge of Heating, Lighting and Sanitary Plumbing—Must Be Able to Buy Intelligently—Cultivation of the Voice—Words of Recommendation of the Quality of Our Minds—Be as Careful of Word Selection as You Are of Dress Selection—Recipes.

KNOWLEDGE IS NEEDED

"Editor Standard Woman's Page: To solve the problem of cutting down the high cost of living the modern housewife must have some definite knowledge of the principles of household management and care. She must have an intelligent conception of the construction of the house if she would manage the machinery of its various parts successfully. She must have some acquaintance with appliances for heating and lighting, a knowledge of the sanitary aspect of plumbing, and a knowledge of materials used in the home.

"It is worth her while to know enough about the furnace to be able to save fuel by closing the drafts; worth while to be able to buy intelligently the food, china, linen, etc., needed in the home; that the money, of which there is rarely an abundance, be not squandered for poor materials."

R. H. H.

AS TO THE VOICE

It may be, perhaps, because talking is the most common thing in the world that so little attention is paid to the voice—its control and cultivation for ordinary conversational purposes.

And yet, strangely enough, the charm of a well modulated voice, held in perfect control and used with regard for various topics and differing emotions, is one of the most attractive and desirable of features.

What can be more discordant than a coarse and fugitive voice considered along with an otherwise charming

woman? It spoils the whole picture. There is no set rule for training the voice to refinement and charming quality, unless possibly it be the exercise of intelligence in this direction.

Every one of thinking years knows just how the voice should be used, but all do not practice upon this knowledge. The theater is a good school for those who have not formed proper ideas for conversation.

The difficulty seems to be that people become neglectful of their most ordinary attributes for refinement, and thus what should be attributes become detriments.

All that is necessary for the proper control of the voice is to cultivate a habit of thinking just the small fraction of a second before uttering a word, or giving expression to a thought. Think just how the voice should be used, so as to perfectly suit the subject and the occasion.

Always remember that some one is listening to you and that no matter what you are saying an impression is being made upon your auditor. See that such impression is as favorable as possible.

Do not waste words and see that gaudiness is as carefully weeded out of your conversation as it would be discarded from your dress.

Remember: That our words are but a recommendation of the quality of our minds to all who hear us.

SOME GOOD SAUCES.

Foundation of Sauces—One ounce flour, white or browned; one ounce fat or butter, half pint water, stock or milk, as required. Stir together the fat and flour or seasonings, hard boiled egg, parsley, shrimps, lobster, anchovy or any flavoring desired.

Foam Sauce—One cup powdered sugar, two eggs, small bit of butter, one tablespoon brandy or a little lemon or vanilla. Beat sugar, butter and yolks together well in a bowl set in boiling water; stir until hot and the sugar is melted; add whites well beaten and flavoring and beat all together for five minutes.

Caramel Sauce—Four ounces sugar, half pint water. Put sugar and one gill water into pan and boil until it becomes a golden brown color. Add the other gill of water and boil two minutes.

Oyster Sauce—One dozen large oysters, half pint water, liquor from oysters, one ounce butter, pepper, one teaspoon anchovy sauce, three-quarters ounce flour. Save every drop of liquor when oysters are opened; take off the beads and put oysters in a basin. Put milk, beads and liquor in pan to simmer gently; strain out the beads. Put in another pan the butter, melt it, add the flour, then gradually add the milk, etc. Heat the tureen, dip a gravy strainer into boiling water to warm it; then put in the oysters. Dip into boiling water not more than two or three seconds.

German Egg Sauce—Two yolks eggs, one gill sherry, one tablespoon caster sugar. Mix eggs and sugar in a basin; warm wine in pan, add to eggs, stirring gently with a wooden spoon. Put in pan, warm gradually and whisk with a small wire whisk until creamy.

Sauce Banquette—Put one ounce butter in pan and add one ounce flour, three-quarters pint fish stock. Let it cool, add two yolks of eggs, return to fire, let it simmer a little (do not let it boil) and pour over fish.

Horseshoe Sauce—Grated horseradish, one teaspoon mustard, half teaspoon salt, one teaspoon brown sugar, two tablespoons vinegar, quarter pint cream or yolk of egg and milk. Mix all together in a saucepan, adding cream last.

Marmalade Sauce—One tablespoon marmalade, two tablespoons brown sugar, quarter pint water. Boil sugar and water 10 minutes; stir in marmalade and serve.

Stiff Sauce for Puddings—Four

ounces caster sugar, quarter pound butter; two tablespoons sherry. Beat butter and sugar to a cream, add sherry; pile in a heap and serve.



NEW FADS IN HEADWEAR

The Bulgarian auto top in this sketch is made of linen with embroidery in bright colors on the band. A shaded veil is used with it.

The daisy hat is becoming a great favorite. This one is of plain mustard colored hemp with a crown of white watered ribbon. The daisies are placed at regular intervals all around the crown and massed in a cockade at the side.

A Stitch In Time

The Importance of Keeping Clean.

Every man, woman or child who neglects to keep antiseptically clean, inside and out, invites disease in one form or another.

It lurks in the air we breathe, in the food we eat. Every little cut, or scratch, or insect bite offers ingress to some among the countless disease germs which, if not immediately destroyed, may bring on blood poisoning in one of its many forms.

Don't ignore the importance of combating the disease germ all the time. Get in the habit of using an antiseptic as a mouth wash night and morning. Have a bottle handy for use in cuts, burns, bruises or insect bites. Take the ounce of prevention which might prevent the pound of cure.

The best antiseptic to use is LISTS-TOGEN. It goes farther than peroxide of hydrogen by uniting with that most efficient germ destroyer the remedial and antiseptic properties of Thymol, Menthol and Eucalyptol.

These valuable elements take up the work where Peroxide of Hydrogen leaves off and with their help LISTS-TOGEN not only destroys the germ, but in some degree repairs the damage the germ has done.

Ask your druggist for LISTS-TOGEN. You will delight in the purifying, refreshing sensation that it gives. 25 cts., 50 cts. and a bottle at A. R. McIntyre, Druggist, 2421 Wash. Ave.

BABY IS LEFT AT BROWNING HOME

To be called to the front door of her home and there be presented with a two-day old infant dressed in excellent garments was the experience of Mrs. T. E. Browning yesterday. A woman, a stranger to Mrs. Browning, made the presentation of the baby girl with the words:

"I have brought you a package sent by one of my friends."

When Mrs. Browning, with questions, the woman answered only in such manner as to avoid disclosing the identity of the child's parents. The stranger promised to return in a few days to give additional information and said that the grandmother of the girl would probably call in the fall. Finally she said the baby was to be called Baby Cole.

Mrs. Browning is well pleased with her gift and is eager to make arrangements for the adoption of the child for good. All she fears is that she may not retain possession of the little one.

Two Beauty Suggestions for Summer Months

(The Beauty Doctor)

Instead of pore-clogging powders, creams and rouge, make up at home and keep on your dresser for frequent use this simple lotion: Dissolve four ounces spumax in 1/2 pint water, hazel (or hot water), add two tea-spoonsful glycerine and allow to cool. Clear, small-pored, velvety skin with the exquisite growth of healthy hair. To make this exquisite and economical results from its regular application, while complexion, freckles, tan and sunburn give no further trouble.

Quickly, yet gently, remove every particle of dust, dandruff and excess oil from the hair and leave it evenly dried, soft, glossy and easy to do up by a canthrox shampoo. It will stimulate the roots, thus resulting in exceptional growth of healthy hair. To make this exquisite and economical shampoo, just dissolve a tea-spoonful of canthrox in a tea-cupful of hot water. Adv.

NOTICE

From this date the undersigned will not be responsible for debts contracted by any other person in his name. ANTON LUBECK. June 14, 1913.

ESSAY EVENING AT SACRED HEART

Seldom is one afforded the opportunity of witnessing a sight more beautiful or more impressive than that last evening at Sacred Heart academy, when nine young ladies—graduates of 1913 having attained the last important milestone of their school days—gave the first of their commencement programs.

An exceedingly appreciative, though not so large crowd as usually greets S. H. A. performances gathered in the assembly hall promptly at 8 o'clock among them were noted many relatives and dear friends of the young ladies who had come from a distance to crown the class of '13 with well-earned laurels. The appearance of the young ladies prettily attired in graceful and becoming gowns was greeted with spontaneous bursts of applause and as they took their places on a flower-decked stage with its profusion of June roses of deepest red interwined with festoons of ferns they reminded one of a rainbow rich in its glorious tints of variegated color.

The opening number—a piano selection by Miss Musgrave—was rendered in a masterful way, but gave the audience only a faint idea of the treat in store for them. Other dainty musical intermissions were received as delightful intermissions between the reading of the Graduates' essays. Miss Colman charmed her listeners by her artistic rendition of the vocal solo, "Song of the Soul," while Miss Ragan received hearty applause for her pleasing interpretation of the vocal solo, "Lovely Flowers Will Ye," from the well-known opera Faust.

And the readers of the essays of the class of '13, who have fulfilled their mission? What women are true home builders? How does the mother of Graciel compare with the modern suffragette? Which one more perfectly fulfilled her mission, the humble mother of George Washington, or the society leader who shone for a time and is forgotten? What must be the reward for all eternity of such a woman as the mother of the Vaughan family, who gave five sons to the service of God? Constantine was powerfully helped by his mother, St. Helena. A Eudovla and a Pulcheria adorned the palace of the Caesars. If the warring sons of the present generation had Monicas for mothers, might we not hope for more Augustines? If women modeled after the lives of that virgin whom Wordsworth styles "our talented nature's solitary boast," how rapidly this vale of sorrow would be changed into an Eden of bliss.

"Chief Justice Taney pays this beautiful tribute to his mother: 'She was pious, gentle and affectionate, retiring and domestic in her habits. I never in my life heard her say an unkind word to any one of her children, nor speak ill of any one. I remember and feel the effects of her teaching to this day.'"

The following is the essay on "The Mightiest Conquerors," by Miss Gladys Musgrave:

"Did you ever stop to ask yourself who are the mightiest conquerors? If a vote were taken on the subject, the result would undoubtedly include such names as Alexander, Hannibal, Julius Caesar, Charles Martel, Charlemagne, William the Conqueror, George Washington, Wellington and Napoleon. But if I were asked who were the mightiest conquerors, I could agree with a famous author, who declares they are patient observation and work."

"Patient observation! What does it mean to the victors in any field, to the poet? It is often the inspiration of his life work. He sees in a tiny drop of dew, a many colored, gleaming rainbow. In the flower he perceives the love of God, and in the towering, rugged mountain he feels the majesty of his Creator. In all nature he sees something beautiful, something of God's munificence, something to be gazed upon with love and awe and reverence. He trains, probably unknowingly, his powers of observation, until, like Whittier, he knows:

"Of the wild bee's morning chase, Of the wild flowers' time and place, Flight of fowl and habitude Of the tenants of the wood;

How the tortoise bears his shell, How the woodchuck digs his cell, How the ground mole sinks his well, How the robin feeds her young, How the oriole's nest is hung, Where the whitest lilies blow, Where the freshest berries grow, Where the groundnut trails its vine, Where the wood grapes' clusters shine;

Of the black swan's cunning way; Mason of his walls of clay, And the architectural plans Of gray hornet artisans!"

"How many know the secrets of nature?"

"In every poet we find lines that indicate powers of noticing exactly—Shakespeare, Milton, Wordsworth, Shelley, Keats, Browning, Longfellow, all intense nature lovers."

"What of the inventor? Does it not necessitate the strictest observation to accomplish results in science? Was not Newton's universal law one, the discovery of which required observation? Did Galileo receive his ideas without keen attention? Even the great man of science of the twentieth century, Edison, arrives at his marvelous conclusions by watching the workings of his machines and combining parts of them to make an entirely new one."

"When the musician walks in the forest or grove, what sweet melodies he hears bursting from the tiny throats of God's own singers! He listens and waits for more of those rare notes to be poured, like a liquid stream of silver, from the mouths of the songsters. He hears and by observation endeavors to produce a tone similar to the one heard."

"The educator, when dealing with pupils, uses his observing powers to the utmost in order to understand the different natures and find what is best for each student and the important steps to take under all circumstances."

"The minister of God, above all others, needs this special power. He watches the way of the erring sheep, and when a favorable moment presents itself, carries it home on his shoulders rejoicing."

"Does not work mean as much to the poet as observation? He must perfect and polish his lines, after they have been first committed to paper, and investigation would probably show extreme difficulty on his part in having his poem first acknowledged by critical publishers."

"When standing before some famous painting, can we possibly imagine the weary hours of labor spent by the artist in the completion of the masterpiece?"

faith she frames the heart of the babe and fashions each habit that will remain for a lifetime. Every fault must be corrected so that the structure may be beautiful, entire and clean.

"No building is desirable that does not admit through spacious windows bright beams of sunlight. The true builder carries these rays with her and diffuses cheer and comfort."

"When in doubt and hesitation, we ever seek that one whose advice is always best and in the end turn our steps to follow the light she points out. Could we confide and place trust in a person whom we know is not of noble character? But we dis- close our inmost secrets and thoughts to that ever truthful person—our mother, who has the key to our desires and secluded thoughts. We only know how greatly we need that dear little guide when we are separated from her, and what would we give to see her smile and hear her soft, melodious voice."

"We have not noticed that when woman has an end in view some great object to attain, when her noble nature leads her to the fulfillment of a mission, the more difficult that mission, the greater the obstacles, the more tenacious she becomes? When man gives up in despair, woman persists, combats and wins. But what end should she have in view? What object should she wish to attain? What mission has she to fulfill? Of what should she be tenacious? The end in view should be, primarily, her sanctification, her mission to make the world better, of her honor, her modesty, she should be most tenacious."

"As we glance over the pages of history, or review the story of the heart we have known, what women have fulfilled their mission? What women are true home builders? How does the mother of Graciel compare with the modern suffragette? Which one more perfectly fulfilled her mission, the humble mother of George Washington, or the society leader who shone for a time and is forgotten? What must be the reward for all eternity of such a woman as the mother of the Vaughan family, who gave five sons to the service of God? Constantine was powerfully helped by his mother, St. Helena. A Eudovla and a Pulcheria adorned the palace of the Caesars. If the warring sons of the present generation had Monicas for mothers, might we not hope for more Augustines? If women modeled after the lives of that virgin whom Wordsworth styles 'our talented nature's solitary boast,' how rapidly this vale of sorrow would be changed into an Eden of bliss."

"Chief Justice Taney pays this beautiful tribute to his mother: 'She was pious, gentle and affectionate, retiring and domestic in her habits. I never in my life heard her say an unkind word to any one of her children, nor speak ill of any one. I remember and feel the effects of her teaching to this day.'"

The following is the essay on "The Mightiest Conquerors," by Miss Gladys Musgrave:

"Did you ever stop to ask yourself who are the mightiest conquerors? If a vote were taken on the subject, the result would undoubtedly include such names as Alexander, Hannibal, Julius Caesar, Charles Martel, Charlemagne, William the Conqueror, George Washington, Wellington and Napoleon. But if I were asked who were the mightiest conquerors, I could agree with a famous author, who declares they are patient observation and work."

"Patient observation! What does it mean to the victors in any field, to the poet? It is often the inspiration of his life work. He sees in a tiny drop of dew, a many colored, gleaming rainbow. In the flower he perceives the love of God, and in the towering, rugged mountain he feels the majesty of his Creator. In all nature he sees something beautiful, something of God's munificence, something to be gazed upon with love and awe and reverence. He trains, probably unknowingly, his powers of observation, until, like Whittier, he knows:

"Of the wild bee's morning chase, Of the wild flowers' time and place, Flight of fowl and habitude Of the tenants of the wood;

How the tortoise bears his shell, How the woodchuck digs his cell, How the ground mole sinks his well, How the robin feeds her young, How the oriole's nest is hung, Where the whitest lilies blow, Where the freshest berries grow, Where the groundnut trails its vine, Where the wood grapes' clusters shine;

Of the black swan's cunning way; Mason of his walls of clay, And the architectural plans Of gray hornet artisans!"

"How many know the secrets of nature?"

"In every poet we find lines that indicate powers of noticing exactly—Shakespeare, Milton, Wordsworth, Shelley, Keats, Browning, Longfellow, all intense nature lovers."

"What of the inventor? Does it not necessitate the strictest observation to accomplish results in science? Was not Newton's universal law one, the discovery of which required observation? Did Galileo receive his ideas without keen attention? Even the great man of science of the twentieth century, Edison, arrives at his marvelous conclusions by watching the workings of his machines and combining parts of them to make an entirely new one."

"When the musician walks in the forest or grove, what sweet melodies he hears bursting from the tiny throats of God's own singers! He listens and waits for more of those rare notes to be poured, like a liquid stream of silver, from the mouths of the songsters. He hears and by observation endeavors to produce a tone similar to the one heard."

"The educator, when dealing with pupils, uses his observing powers to the utmost in order to understand the different natures and find what is best for each student and the important steps to take under all circumstances."

"The minister of God, above all others, needs this special power. He watches the way of the erring sheep, and when a favorable moment presents itself, carries it home on his shoulders rejoicing."

"Does not work mean as much to the poet as observation? He must perfect and polish his lines, after they have been first committed to paper, and investigation would probably show extreme difficulty on his part in having his poem first acknowledged by critical publishers."

"When standing before some famous painting, can we possibly imagine the weary hours of labor spent by the artist in the completion of the masterpiece?"

"The call of work arouses men of science at the first peep of dawn. They must be busily employed. Both mind and hands that they may give their ideas, expressed in delicately molded instruments, to the unappreciative world."

We all know the trials and tribulations of the world's greatest musicians, Beethoven, Haydn, Mozart, Bach, and others who labored night and day to overcome the obstacles placed in their path by the choice of a profession which was not spoken of except in jest. It was the ceaseless effort of such men as they that brought good music to its present standard of appreciation."

"We are told that now, more so than in earlier days, students must be kept at work and must be always interested. The surest way to happiness is by hard work. In order that the demands placed on the educator be satisfied, he must be industriously engaged finding a method of presenting his topics in as fascinating a garb as possible."

"Who labors more earnestly than God's ministers? All is not joy for the representatives of Christ. There are times when it is not pleasant to rise, go into all districts for the salvation of mankind. Yet there are no complaints, only incessant labor."

Try Skin Absorption Instead of Cosmetics

(From the Woman Militant.)

The constant use of rouge and powder invites a coarsened, roughened condition of the skin, eruptions, enlarged pores and wrinkles. If you've learned this from experience, suppose you quit cosmetics and try what I recommend.

Ask your druggist for an ounce of ordinary mercerized wax and begin using this tonight. Appl. like cold cream, washing it off in the morning. Keep this up for a week or two. The wax will literally absorb the coarse, colorless or blemished top skin, but so gradually as not to discommode you at all. Just as gradually the clear, velvety, naturally tinted under skin comes to the surface. And mercerized wax becomes your everlasting friend.

For those who wrinkle and large pores, make a face bath by dissolving an ounce of powdered saxolite in a half-pint witch hazel. This has remarkable astringent and tonic properties, and beneficial results come quickly. Adv.

GOVERNOR GETS INVITATION

Governor William Spry received an invitation yesterday from the national headquarters of the G. A. R. to attend the celebration of the fiftieth anniversary of the battle of Gettysburg, to be held in July on the field of Gettysburg. The invitation also is extended to the adjutant general of Utah, E. A. Wedgwood.

The governor said yesterday he had not made up his mind yet to take the trip, but that he would accept the invitation if it would be possible to do so arranged during the time of the celebration.

\$100 Reward, \$100

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the system and restoring nature to doing its work. The proprietors have so much faith in its curative powers that they offer \$100,000 for any case that it fails to cure. Send for list of testimonials. Address F. J. CROWEY & CO., Toledo, O. Sold by all Druggists, 75c. Take Hall's Family Pills for constipation.

PACIFIC COAST STEAMSHIP CO. Los Angeles, 640 So. Spring Street. San Francisco, 653 Market St. (Palace Hotel) Seattle, 113 James Street

The Newport Cafe JIM, WONG-WE, Managers. 218 TWENTY-FIFTH STREET. Open Day and Night. Everything Sanitary. Fresh Meats.

CHEER UP! Let the TROY do your Wet Wash—3c per pound. Phone 2074.

ENLARGED PICTURES

Either Crayon or Oil PORTRAITS

\$3 to \$10

With or without frame, first class work guaranteed.

Several objects or groups a specialty.

Call or write to the picture manager, care of the—

OGDEN STANDARD 360 24th St., Ogden, Utah

FIRST NATIONAL BANK

OF OGDEN, UTAH U. S. DEPOSITORY

Capital \$ 150,000.00 Undivided profits and surplus 350,000.00 Deposits 2,500,000.00

M. S. Browning, Pres.; L. R. Tribbe, Vice Pres.; G. M. Tribbe, Vice Pres.; John Watson, Vice Pres.; John Pingree, Cashier; Jas. F. Burton, Asst. Cashier.

Slade's Transfer

Phone 321. 408 25th Street We have the largest van in the city. Quick service. Moving, shipping and handling plans. Prompt freight deliveries. Furniture moving a specialty. Storage at reasonable rates.

Excursions FROM Ogden and Salt Lake City TO

EAST AND RETURN

Missouri River Points \$40.00 St. Louis, Mo. \$52.00 Chicago, Ill. \$56.50 St. Paul and Minneapolis, Minn. \$55.70 Peoria, Ill. \$55.40 Memphis, Tenn., via Kansas City, St. Louis or Amarillo \$59.85 Also reduced rates to other points. Stop-overs Allowed. Return Limit, October 31st.

June 13, 14, 21, 28, 29, 30, 10, 19, 23, 31, August 1, 9, 10, 11, 16, 22, 28, September 10 and 11.

For further information address E. R. LEIS, General Agent, Atchinson, Topeka & Santa Fe Ry. Co. 233 Judge Building, Salt Lake City, Utah.

PRESERVE BABY'S SKIN



CUTICURA SOAP

Assisted when necessary by Cuticura Ointment. They keep the skin and scalp clean and clear, sweet and healthy, besides soothing irritations which often prevent sleep and if neglected become chronic disfigurements.

Cuticura Soap and Ointment sold throughout the world. Liberal sample of each mailed free, with 25c worth of Cuticura. Address: "Cuticura," Dept. 10, Boston. Women who shave and shampoo with Cuticura Soap will find it best for skin and scalp.

NORWEGIAN-AMERICAN LINER

New York, June 17.—The steamship Kristianfjord, of the New Norwegian-American line, arrived here today from Christiania, marking a new era in the maritime history of Norway. Although Norway's merchant marine is rated as the fourth largest in the world, there has not heretofore been any direct steamship connection with the United States.

Mexico wants Porfirio to return and take his old job. The Mexicans are evidently willing to pay any price for a little peace.—Chicago Record Herald.

Alaska for \$66

(11 Days) Excursion steamships leave Seattle 9 P. M. June 20, July 2, 8, 14, 20, 26, Aug. 1, 7, 13, 19, 25, via Inside Passage; Berth and Meals included; fare; see Glaciers, Indians, Totem-poles, Fiords, Forests, Snow-capped Mountains. An ideal vacation voyage. Ask for special folder. Reservations now on sale.

PACIFIC COAST STEAMSHIP CO. Los Angeles, 640 So. Spring Street. San Francisco, 653 Market St. (Palace Hotel) Seattle, 113 James Street

"NEVER-RIP" OVERALLS

Do you know they are made in Ogden? They are also guaranteed by Ogden's most reliable house—SCOWCROFT & SONS' CO.

OGDEN STANDARD 360 24th St., Ogden, Utah

GOING FISHING?

Before leaving for that fishing trip, let us fix you up with your FISHING TACKLE.

We have the celebrated "Abbey & Imbrie" make, the "FISHING TACKLE THAT'S FIT FOR FISHING."

PEERY-KNISELY HARDWARE CO. 2437 Washington Ave. Phone 213.

SCREEN DOORS

Call at Volker Lumber Company and select your SCREEN DOOR. We have a large assortment and can give you satisfaction. PRICES LOWER THAN ANYWHERE IN THE STATE.

Keep out the flies—If you want to build, call at our yard—we have the largest and best stock in town at the lowest prices.

If you intend to build, call at our office and examine our plans. We will furnish you plans and specifications for the nicest BUNGALOWS you have ever seen.

Volker Lumber Co. Yards at 237-245 24th St. J. W. F. VOLKER, Manager Phone 612.